

## **NASHVILLE TRIP PRESENTATION MEETING RE-SCHEDULED**

Tours of Distinction will be at the senior center on Monday, February 24<sup>th</sup> at 2:00 p.m. for an informative trip presentation on our upcoming trip to Nashville, Tennessee and the beautiful Smoky Mountains. This meeting was originally scheduled for February 13<sup>th</sup>, but had to be postponed due to a snowstorm. Our trip is planned for October 9<sup>th</sup> through the 14<sup>th</sup>. At this trip presentation, you will have the opportunity to review the itinerary for the trip and have your questions answered by a representative from Tours of Distinction. The sign-up for this trip has begun. An initial deposit of \$700 per person (plus optional trip insurance) is due at the time of sign up, but no later than March 31<sup>st</sup>. If you are interested in traveling with us, but are unable to attend the presentation, please call the senior center at 508-543-1252.

### **Monday, February 24**

Jay Barrows' Office Hour 9:00 a.m.

Sit and Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Video Lecture Series – U.S. History Part 2 12:00 noon

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Nashville/Smoke Mountains Trip Presentation 2:00 p.m.

### **Tuesday, February 25**

Stretch & Balance 8:30 a.m.

AARP Tax Prep (by appointment) 8:30 a.m.

Manicures 9:00 a.m.

Nutrition 11:00 a.m.

Movie Day – “Cleopatra” Part 1 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, February 26**

Strength Training 8:30 a.m.

AARP Tax Prep (by appointment) 8:30 a.m.

Chorus 10:00 a.m.

Jack Craig Program 11:15 a.m.

Luncheon Outing – Olive Garden 1:00 p.m.

A Cappella Singing and Poetry Program 1:00 p.m.

### **Thursday, February 27**

Foxwoods Trip 7:45 a.m. – 5:00 p.m.

Ceramics 9:00 a.m.

Men's Breakfast 9:00 a.m.

Italian 1 Class 11:00 a.m.

Movie Day – “Cleopatra” Part 2 12:30 p.m.

Advanced Italian Class 1:00

### **Friday, February 28**

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Card Making 11:00 a.m.

Cribbage 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. [www.foxboroughma.gov](http://www.foxboroughma.gov)

## **SPECIAL PROGRAMS**

### **SENATOR TIMILTY OFFICE HOUR**

State Senator James Timilty will be at the senior center to meet with residents on Monday, March 3<sup>rd</sup> from 9:00 a.m. to 10:00 a.m. This is your opportunity to meet with Senator Timilty in a casual setting and have him answer any questions you may have.

### **FOXBOROUGH REGIONAL CHARTER SCHOOL PROGRAM OF SONGS AND POETRY**

Students from the Foxborough Regional Charter School will be at the senior center on Wednesday, February 26<sup>th</sup> from 1:00 p.m. to 2:30 p.m. to entertain us all with a special program of songs and original poetry. The *a cappella* class of 9<sup>th</sup> through 12<sup>th</sup> graders, known as the "Rhythm Riders," will sing a selection of songs for us. This group has performed locally and at a Providence Bruins game. In addition to the Rhythm Riders, a class of 11<sup>th</sup> and 12<sup>th</sup> graders known as "Lyrics and Literature" will present a poetry program. The poetry presentation will consist of students reciting short, original poems written by the students themselves. Light refreshments will be served, so please call us 508-543-1252 if you are planning to attend this special event.

### **GARY HYLANDER HISTORY SERIES**

Once again, our favorite history professor, Dr. Gary Hylander, will be at the senior center on Thursday, March 6<sup>th</sup> at 1:00 p.m. to present an informational lecture on "The Scarlet Letter" written by Nathaniel Hawthorne. This program is offered in partnership with Sage Educational Services. Our lecturer, Dr. Hylander, is a Professor of History at Stonehill College. He is a frequent lecturer at historical societies, libraries and professional organizations. If you are interested in joining us for this fun and informational program, please call us at 508-543-1252.

### **JACK CRAIG'S MUSIC – WITH CLASS!**

Jack Craig will be at the senior center on Wednesday, February 26<sup>th</sup> at 11:15 a.m. for his program titled "Sing! The Greatest Songs 1946 to 1949." Please give us a call at 508-543-1252 to sign up for a morning of songs and singing.

### **SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY**

Watch "Your Scene, Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. The featured program on February 26<sup>th</sup> and 27<sup>th</sup> is "Men's Breakfast with Register of Deeds William O'Donnell." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

## **TRAVEL AND ENTERTAINMENT**

### **TRIP TO FOXWOODS CASINO**

We will be traveling to Foxwoods Casino on Thursday, February 27<sup>th</sup>. The motorcoach will depart from St. Mary's parking lot at 7:45 a.m. and will return to Foxboro by 5:00 p.m.

### **ST. PATRICK'S DAY AT LAKE PEARL LUCIANO'S**

We can all claim to be a "wee bit" Irish on St. Patrick's Day, so come along with the Foxboro seniors to join in the fun at Lake Pearl Luciano's in Wrentham for our St. Pat's Day celebration on Thursday, March 13<sup>th</sup> from 11:30 a.m. to 3:30 p.m. You'll enjoy a sit down lunch which will include your choice of the traditional Corned Beef and Cabbage or New England Baked Scrod. You don't have to be Irish to have a great time, so come join us for an enjoyable afternoon with entertainment provided by "John Connors Irish Express." The cost for this fun and festive day is \$49. Transportation will be on your own, but the Van Go will be available for regular van riders upon request. The sign-up for this celebration has begun and payment was due on February 14<sup>th</sup>. If you are interested in joining up, payment will be due at the time of sign up.

### **SIGN UP FOR THE TRIP TO NASHVILLE/SMOKY MOUNTAINS**

On October 9<sup>th</sup>, we will be flying to Nashville, Tennessee. While in Nashville, we'll be staying at the famous Gaylord Opryland resort for 3 nights. This hotel includes nine acres of indoor and outdoor gardens, waterfalls

and waterways, 12 restaurants, upscale shopping and electrifying entertainment. For many people, this resort is an attraction on its own! Over the course of our 3 days in Nashville, we will enjoy dinner and entertainment on the General Jackson Showboat, visit the famous Ryman Auditorium and Recording Studio B, tour the Johnny Cash Museum and the Country Music Hall of Fame, visit “The Hermitage” and the Fontanel Mansion, take a ride on the “Delta Flat Boats,” have dinner at the Wildhorse Saloon and then take our seats for a show at the Grand Ole Opry. On our 4<sup>th</sup> day, we’ll be traveling to Pigeon Forge, Tennessee where we will be enjoying dinner and a show at the Country Tonite Theater. On the following day, we’re off to Gatlinburg to ride on an enclosed tram to the mountaintop for an Octoberfest lunch. We’ll continue our travels through the beautiful Smoky Mountains, visit the Museum of the Cherokee Indian, and spend the night in Asheville, North Carolina. October 14<sup>th</sup>, our final day, will include a visit to the beautiful four-acre Biltmore Estate. Built by the Vanderbilt family in the middle of the Smoky Mountains, the Biltmore Estate is America’s largest home with 250 rooms, 65 fireplaces, a winery and spectacular formal gardens. From there we’re off to Charlotte for our flight home. The cost for this 6 day/5 night excursion, including 10 meals and gratuities, is \$2195 per person Double Occupancy, \$2499 Single Occupancy per person and \$2049 per person Triple Occupancy. The sign up for this trip will be on-going and will begin on February 13<sup>th</sup>. An initial deposit of \$700 per person (plus optional trip insurance) will be due at the time of sign up, but no later than March 31<sup>st</sup>, the second payment of \$700 per person will be due by May 12<sup>th</sup> and the final payment will be due by July 7<sup>th</sup>. All payment checks should be made payable to “Tours of Distinction.”

### **REGULARLY SCHEDULED** **CLASSIC MOVIE DAY**

This month’s Classic Movie Day features the movie “Cleopatra.” Due to the length of the film, it will be shown over 2 days. Part 1 is scheduled for Tuesday, February 25<sup>th</sup> at 12:30 p.m. and part 2 will be shown on Thursday, February 27<sup>th</sup> at 12:30 p.m. This movie starring Elizabeth Taylor and Richard Burton, filmed in 1963, was a \$60 million epic that generated headlines in the Hollywood gossip news of the time. If you’re interested in joining us to watch “Cleopatra”, please call the senior center at 508-543-1252 to sign up.

### **LUNCHEON OUTING**

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to the Olive Garden Restaurant in Mansfield on Wednesday, February 26<sup>th</sup> at 1:00 p.m. Seating is limited, so if you’d like to join us, please call the senior center at 508-543-1252 to sign up by Monday, February 24<sup>th</sup>. Van transportation is available.

### **BOOK CLUB**

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening to books on tape will be able to enjoy this group. The group is led by Community Social Worker Pam McGuire. Our next meeting is on Monday, March 3<sup>rd</sup> at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252. The month’s book selection is “The Secret Keeper” by Kate Morton.

### **BINGO**

If you enjoy playing Bingo, come and join the fun at the senior center on the first Monday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, March 4<sup>th</sup> from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know if you’ll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

### **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on March 20<sup>th</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as

surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

### **JAY BARROWS' OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on Monday, March 24<sup>th</sup>. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

### **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, March 25<sup>th</sup> beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

### **VIDEO LECTURE SERIES – THE HISTORY OF THE UNITED STATES – Now on Mondays**

As part of “The Great Courses” video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering “The History of the United States Part 2” on **Mondays through May 5<sup>th</sup> from 12:00 noon to 1:00 p.m.** at the senior center. These video lectures provide many hours of educational information by award winning professors. This series begins in the late 19<sup>th</sup> century with the expanding industrialization of America and runs through the Clinton Administration and the Millennium. Please call us at 508-543-1252 if you’d like to join us for this great informational opportunity. If you have missed one of our video lectures, please let us know so that we can schedule an additional showing for you.

### **SHOPPING**

We will be going to Shaw’s on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

February 26 – Luncheon Outing at Olive Garden Restaurant

March 5 - Target

### **SENIOR CENTER INCLEMENT WEATHER POLICY**

Winter is on its way and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day due to inclement weather, the activities at the senior center are also cancelled and the Van-Go will be off the road. The offices at the Council on Aging and Human Services in the senior center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

### **HUMAN SERVICES RESOURCES GUIDE**

A Human Services Resources Guide has been created and published by the Foxborough Council on Aging and Human Services. The information included in this guide applies to adults and families, especially those with disabilities and/or limited income. Included is a section on town-specific programs, listings of services and programs not specific to Foxborough, lists of internet resources and a guide to numerous crisis hotlines. This guide is free and is available to all Foxborough residents at the following locations: the Foxborough Senior Center, Boyden Library, Foxborough Town Hall and the Veterans’ Services Office.

### **SAND FOR SENIORS**

“Sand for Seniors” is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at [mohsenkh53@hotmail.com](mailto:mohsenkh53@hotmail.com).

## **MEDICAL INFORMATION AND SERVICES**

### **BEREAVEMENT SUPPORT GROUP**

Care Alternatives Hospice is offering a two month bereavement group for adults who have lost a loved one. Open to the public, the program is free of charge. The group provides an opportunity to address and share personal experiences of grief and loss in an open and supportive facilitated setting. The support group will meet at the Foxborough Senior Center at 75 Central Street on Wednesdays from March 26<sup>th</sup> through May 14<sup>th</sup> from 2:00 p.m. to 3:00 p.m. For more information or to RSVP, please contact Anne Blood, LICSW at 508-229-8390.

### **WHY DOES MY SHOULDER HURT?**

Dr. James Snead, a board certified Orthopedic Surgeon who specializes in sports medicine with a unique expertise in shoulder and knee arthroscopy, will present an informational program on shoulder conditions. This program will be held on February 26, 2014 at the Sturdy Memorial Hospital Auditorium from 6:00 p.m. to 7:00 p.m. Dr. Snead will speak about the diagnosis and treatment options, both operative and non-operative, for common shoulder conditions in adults and youths. He will address rotator cuff and labral tears, shoulder instability and more. Time will be allowed for questions and answers at the end of the program. The evening will also include light refreshments and a guest raffle. To register for this free program, contact the Public Relations Department at Sturdy Memorial Hospital at 508-236-8020 by February 24<sup>th</sup>.

### **“MY STORY” - ELIZABETH SMART PROGRAM**

The Hockomock Area YMCA is pleased to announce that the Y will host Child Protection Activist, Elizabeth Smart on Thursday evening, May 8, 2014. Elizabeth will tell her personal story chronicled in her best-selling book, “My Story”. She and other abduction survivors worked with the Department of Justice to create a survivor’s guide entitled “You’re Not Alone; The Journey from Abduction to Empowerment.” Smart’s personal story will inspire men and women to remain hopeful when faced with difficult situations in their lives. This event will be held at Foxborough High School at 7:00 p.m. with limited seating and is open to the public. Tickets will be available for purchase at the Invensys Foxboro Branch, Bernon Family Branch in Franklin and North Attleboro Branch of the Hockomock Area YMCA for \$20 each starting on February 10, 2014. Due to the nature of the topic, the program will be open only to those ages 12 and over.

### **PODIATRIST**

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. His next visit will be on Monday, March 3<sup>rd</sup>. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to arrange for a ride.

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be on Tuesday, March 11<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

### **CHOLESTEROL CLINIC**

We will be holding a Cholesterol/Health Promotion Clinic on Thursday, March 27<sup>th</sup> from 9:00 a.m. until 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There will be no separate appointments for blood pressure at the senior center on this day. Please call the senior center at 508-543-1252 to make an appointment.

### **S.H.I.N.E**

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE Program provides free and confidential health insurance information, counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families.

We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. Appointments are being scheduled on March 4<sup>th</sup> and March 20<sup>th</sup>. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. In addition to the SHINE Program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up an appointment.

### **INCOME TAX ASSISTANCE**

#### **AARP TAX ASSISTANCE**

Free income tax assistance will be available for seniors through the Tax Aide program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesdays and Wednesdays beginning through April 8<sup>th</sup>. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the "Tax Preparation Packet" at the senior center. This paperwork must be completed and brought with you to your appointment.

### **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.**

**Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

#### **Monday, February 24**

Corn Chowder  
Oven Roast Chicken  
Buttermilk Sauce  
Winter Blend Vegetables  
Fruit Muffin  
Mixed Fruit

#### **Tuesday, February 25**

Italian Penne with Meat Sauce  
Green and Wax Beans  
Whole Wheat Bread  
Pineapple

#### **Wednesday, February 26**

Happy Birthday  
Roast Pork with Apple Gravy  
Mashed Potato  
California Blend Vegetables  
Multigrain Roll  
Birthday Cake

#### **Thursday, February 27**

Sloppy Joe Sandwich  
Italian Blend Vegetables

Rice Florentine  
Hamburg Roll  
Pears

**Friday, February 28**

Cold Plate Chicken Salad  
Rotini Pasta Salad  
Beans Bonanza Salad  
Whole Wheat Pita  
Strawberry Cup